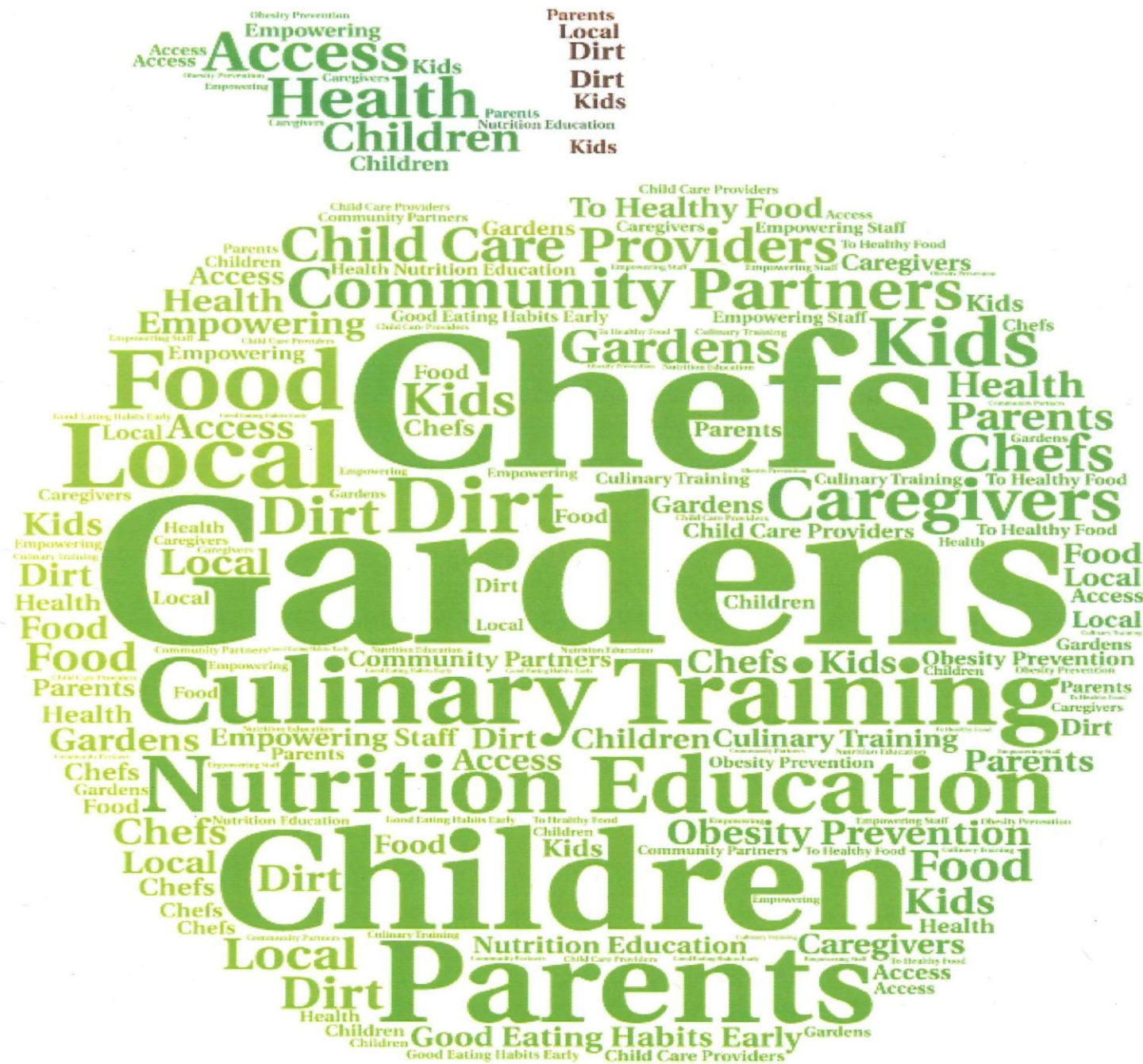


How to apply for a Colorado CHOP (Cooking up Healthy Options with Plants) subgrant



What is Colorado CHOP?



CHOP Goal: Increased consumption of seasonal fresh fruits and vegetables and/or on site garden produce by children in child care



Colorado CHOP grant activities-three tiered approach

- 1) Culinary training-child care cooks and home providers attend a culinary training taught by a chef.
- 2) Gardening-child care centers and homes plant on-site gardens
- 3) Nutrition education-child care center staff and home provider teach the *Grow it, Try it, Like it!* and supplemental nutrition education lessons



Culinary Training

Child care cooks and home providers will attend a hands on culinary training taught by a master chef

Recipe development

Menu ideas

Tips on how to prepare fresh vegetables and fruits

And more!

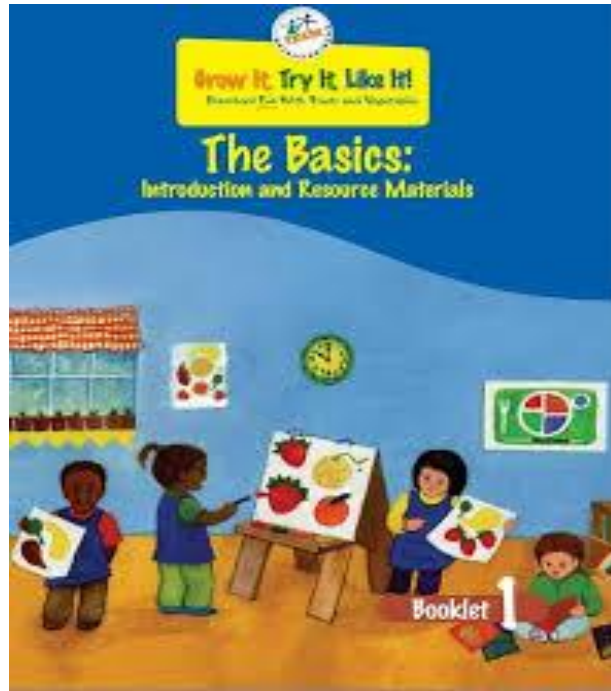


Gardening

Child care centers and homes plant on-site gardens

Master gardeners will help plan and provide technical support as needed.

Centers and homes who do not have space or ideal space for outdoor gardens can consider indoor planting.



Nutrition Education

Child care center staff and home providers teach the *Grow it, Try it, Like it!* and supplemental nutrition education lessons to children in care each month March 2017-September 2017.

January 2017-webinar on different types of gardens.

Monthly webinars March 2017-September 2017 to provide support and sharing

How do I apply?

Go to the CDPHE/CACFP website:

<https://www.colorado.gov/pacific/cdphe/cacfp>

Colorado CHOP section:

<https://www.colorado.gov/pacific/cdphe/cacfp-chop>

CHOP Subgrant application:

<https://www.colorado.gov/pacific/cdphe/cacfp-chop-rfa>

Subgrant application

Team Nutrition's Goal and Grant Purpose 1 / 6

 **Colorado CACFP**
Child and Adult Care Food Program



FY 2017 Colorado CHOP Subgrant Award
(Cooking up Healthy Options with Plants)
Provided by USDA Team Nutrition Colorado Training Grant 2017-2019

Applications accepted until November 23, 2016 at 4 p.m.

Return completed application (this application document) and a copy of the signed Farm to Child Care Wellness Policy as a digital file to:
Tanya.oconnor@state.co.us

Questions about the application? Contact Tanya O'Connor at

Subgrant application

Colorado Department of Public Health and Environment
PSD CAC-6411
4300 Cherry Creek Drive South
Denver, CO 80246-1530

Applications accepted until November 23, 2016 at 4 p.m.

Name of Institution					
Mailing Address					
City		State		Zip Code	
Director of Sub-grant (Contact Person)		Contact Phone		Fax	
Email of Director (Contact Person) of Sub-grant				Date	

Description of Colorado CHOP Project
(boxes will expand as you type but please click enter at the end of each line)

Age groups at your center/home that will participate:	
Number of children expected to participate:	

FY 2017 Colorado Team Nutrition Grant sub-grant application


Subgrant application

[illegible]

Subgrant application

Team Nutrition's Goal and Grant Purpose

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Child and Adult Care Food Program

Project Budget	
List all the anticipated costs for running the program.	
Examples include:	
Staff Time (Not to exceed 25% of total grant.)	
Materials to conduct nutrition education activities	
Food preparation equipment (Not to exceed 10% of total grant.)	
Dishes	
Copies of handouts	
Promotional items promoting Team Nutrition (Not to exceed 5% of total grant)	
Children's books about fruits and vegetables	
Gardening materials and supplies (This should be the primary part of the budget.)	
TOTAL	\$

*These are just examples of potential expenses for this budget. Remove any line that does not apply or just put a \$0 in that column.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the views of policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S.

Subgrant application

Expenses & Supplies that may be included in the budget:

- Materials needed to conduct nutrition education activities in *Grow It, Try It, Like It!*
- Children's books about fruits and vegetables.
- Mobile food preparation equipment to be used for nutrition education activities.
- Colorful dishes for classroom food experiences.
- Food samples for tasting or for conducting a demonstration of preparing a healthy snack at the community event.
- Copies of handouts for families or for materials used during lessons.
- Promotional items promoting Team Nutrition messages for the community event.
- Gardening supplies (will be required to show sustainability to receive start-up funds for mid-sized in-ground gardens).
- Staff time to attend training or plan program activities beyond the normal workday (not to exceed 25% of the sub-grant).

Unallowable expenses-Team Nutrition funds may not be used to purchase:

- Unallowable expenses include food service operation equipment, such as salad bar equipment, refrigerators, food processors, etc. However, small mobile kitchen equipment used for classroom food preparation demonstration or hands-on food experiences may be permissible.
- A total expenditure of food and nutrition-related equipment purchases should not exceed 10% of the total sub-grant awarded.
- A total expenditure of promotional/incentive items should not exceed 5% of the total sub-grant awarded.



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Farm to Child Care Wellness Policy



Colorado CACFP
Child and Adult Care Food Program

Farm to Child Care Wellness Policy

Our child care site, _____, is
proudly committed to the following wellness policy:

#1: Meals and snacks will be purchased or harvested using locally produced fruits, vegetables, and other whole food items to the maximum extent feasible.

#2: Meals and snacks will be purchased or harvested using locally produced fruits, vegetables, and other whole food items directly from farmers or an onsite garden to the maximum extent feasible.

#3: Breakfast gardens, including container gardens, are strongly encouraged.

*Like and follow us on
facebook!*



Questions?

Contact:

Tanya O'Connor, project
director

tanya.oconnor@state.co.us

303-692-2483

